



East Boulder Recreation Center Leisure Pool

October

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
7:30am		Adult-Warm Water Wellness 7:30-9:30		Adult-Warm Water Wellness 7:30-9:00						
8:00am	Aqua-Fit 8:00-9:00		Aqua-Fit 8:00-9:00		Aqua-Fit 8:00-9:00					
8:30am										
9:00am	55+ W.W. F (2) 9-9:45	Twinges in the Hinges 9:30-10:30	55+ W.W. F (2) 9-9:45	55+ W.W.F (2) 9-10:00	Aqua Motion 9:00-9:30	Swim Lessons 9:00-12:00				
9:30am	Aqua Motion 9:45-10:15		Aqua Motion 9:45- 10:15		Twinges in the Hinges 9:30-10:30					
10:00am										
10:30am	Open Swim 10:30-1:00	Open Swim 10:30-1:00	Open Swim 10:30-1:00	Open Swim 10:30-1:00	Open Swim 10:30-1:00					
11:00am										
11:30am										
12:00pm										
12:30pm										
1:00pm	55+ W.W.F (3) 1-2:00	55+ W.W.F (1) 1-1:45	55+ W.W.F (3) 1-2:00	55+ W.W.F (1) 1-1:45	Open Wellness 1:00-3:00	Open Swim 12:00-5:30	Open Swim 9:30-7:30			
1:30pm										
2:00pm	Aqua-Core 2:00-3:00	Open Wellness 2:00-3:00	Aqua-Core 2:00-3:00	Open Wellness 2:00-3:00						
2:30pm										
3:00pm	Open Swim 3:00-5:15	Open Swim 3:00-5:15	Open Swim 3:00-5:15	Open Swim 3:00-5:15						
3:30pm										
4:00pm										
4:30pm										
5:00pm										
5:30pm	EXPAND 5:15-6:15 shallow end open	Swim Lessons 5:15-7:15	Open Wellness 5:15-6:15	Swim Lessons 5:15-7:15	Open Swim 3:00-9:00					
6:00pm	Hy-Dro Drive 6:15-7:15 shallow end open		Hy-Dro Drive 6:15- 7:15 shallow end open							
6:30pm										
7:00pm	Open Swim 7:15-9:00	Open Swim 7:15-9:00	Open Swim 7:15-9:00	Open Swim 7:15-9:00						
7:30pm										
8:00pm										
8:30pm										
9:00pm										

****POOL SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME****

For more information call 303-441-4400 or go to www.boulderaquatics.org